

Pro Tip

SWING TEMPO

Focus on a 3:1 ratio of backswing to downswing to improve your golf swing tempo. Follow these 5 tips to improve your swing tempo:

1. Slow Down the Backswing – Many players tend to rush the backswing, leading to a quick transition and poor tempo. Feel like the backswing is slow and deliberate to stay more in control of your golf club.
2. Initiate Downswing with the Lower Body – From the top of your backswing, shift your weight to your lead foot to initiate the downswing, rather than starting with your hands.
3. Control Grip Pressure – Maintain a consistent 5 out of 10 grip pressure throughout the swing. (This will force you to focus more on your body movements rather than trying to overswing the golf clubs with your arms)
4. Visualize the Swing – Imagine a smooth transition from the top of the backswing to the follow-through without any pauses.
5. Breathe – Breathe in through your nose and breathe out through your mouth to help you relax your body to improve tempo. (Try taking a deep breath at address, then after you fully exhale the deep breath, take your swing)